

# Rose Park Senior Activity Center

## Where the Fun Happens



### ***Rose Park Hours of Operation***

Monday, Wednesday, Friday

8:30 a.m. - 4 p.m.

Tuesday's 8:30 a.m. - 8 p.m.

Thursday's 8:30 a.m. - 4 p.m.

and

5:30 p.m. - 10 p.m.



### ***Lunch***

Served Monday through Friday  
from

11:30 a.m. to 12:30 p.m.

Homebound meals available  
from 12:15 p.m. to 12:30 p.m.

Recommended donation for  
Senior Citizens age 60 year  
and older is \$2.50.

Under 60 years old will  
be \$3.50 per meal.



### ***Senior Advocate Transportation***

#### **SENIOR TRANSPORTATION ELIGIBILITY GUIDELINES**

- Must be 60+ years of age
- Ambulatory – Able to walk to and from your destination with no assistance
- Transportation is provided within city limits for medical appointments (Examples: physician, dentist, optometrist, and lab work)
- Transportation is offered on a limited basis only

**CALL: (325) 673-4694 to schedule appointments**

### ***Senior Center Transportation***

Transportation service is available to senior citizens 60 and older. This service is available for seniors from their residence to any of the Senior Activity Centers. Participants must be able to get on and off the bus without assistance. After lunch the riders will be returned to their residence. Twice a month transportation to and from a local grocery store is available.

There is no assigned fees for this service, however confidential donations are accepted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Idaho Taco with Beef, Cheese, Salad, Sour Cream and Salsa Cucumber Corn Salad Apple Jubilee Whole Wheat Bread Choice of Milk	<b>2</b> Pepper Steak Yellow Hominy Chilled Juice Butterscotch Pudding Whole Wheat Bread Choice of Milk	<b>3</b> Hamburger on a Bun Lettuce, Tomato, Onion, Pickles Ketchup, Mustard Potato Tots Strawberry Shortcake Choice of Milk
<b>6</b> Oven Baked Chicken Corn Pudding Steamed Broccoli Tropical Fruit Salad Dinner Roll Choice of Milk	<b>7</b> Spaghetti with Meat Sauce Green Beans Mixed Green Salad with Dressing Sliced Pineapple Garlic Bread Choice of Milk	<b>8</b> Chicken Strip with Cream Gravy Whipped Potatoes Mixed Vegetables Chilled Apricots Dinner Roll Choice of Milk	<b>9</b> Beef Sausage Chilled Potato Salad Sliced Carrots Peanut Butter Cookies Whole Wheat Bread Choice of Milk	<b>10</b> <b>ALL CENTERS CLOSED FOR VETERANS DAY</b> 
<b>13</b> Peppered Beef Tips and Tomatoes served over White Rice Yellow Squash Sliced Peaches Dinner Roll Choice of Milk	<b>14</b> Mexican Casserole Fiesta Hominy Salsa, Sour Cream Sliced Pineapple Gelatin with Topping Choice of Milk	<b>15</b> Chicken and Dumplings Black-eyed Pea Salad Mandarin Oranges Whole Wheat Bread Choice of Milk	<b>16</b> Chopped BBQ On a Bun with Sliced Onion Baked Beans Creamy Coleslaw Rainbow Sherbet Choice of Milk	<b>17 Thanksgiving</b> Roast Turkey w/ Giblet Gravy Cornbread Dressing Glazed Yams Green Beans/Almonds Cranberry Relish Pumpkin Pie w/topping Dinner Roll Choice of Milk
<b>20</b> Chicken Fried Steak with Cream Gravy Whipped Potatoes Mixed Vegetables Butterscotch Pudding Swirl Whole Wheat Bread Choice of Milk	<b>21</b> Swedish Meatballs served over Egg Noodles Seasoned Green Peas Coconut Pie Whole Wheat Bread Choice of Milk	<b>22</b> Ham and Beans served with Sliced Onion Sliced Peaches Chocolate Chip Cookies Fresh Cornbread Choice of Milk	<b>23,24</b> 	
<b>27</b> Savory Meatloaf Au Gratin Potatoes Zucchini Squash Tropical Fruit Whole Wheat Bread Choice of Milk	<b>28</b> Chicken Spaghetti Fried Okra Spiced Beet Salad Chocolate Pudding Swirl Whole Wheat Bread Choice of Milk	<b>29 Birthday's</b> Sliced Ham Macaroni and Cheese Mixed Green Salad with Dressing Birthday Cake Dinner Roll Choice of Milk	<b>30</b> Chicken Cacciatore Sliced New Potatoes Green Peas Vanilla Ice Cream Whole Wheat Bread Choice of Milk	

# Rose Park Senior Activity Center



## Exercise Classes

### **Aerobics**

A low impact cardio  
vascular aerobics  
consisting of 15 to 20 different  
movements set to music.

Monday, Wednesday and Friday  
at 9:00 a.m. Ballroom

Instructors: Monday- Clara  
Wednesday & Friday - Foncine

### **Celebration**

Tuesday - Toning

Follow along with a exercise video  
using free weights to tone muscles

Tuesday 10 a.m. Ballroom

Thursday - Aerobics

Follow along with a exercise video

Aerobic exercise from a chair  
come get your groove on with this  
fun class set to music

10 a.m. Ballroom

Instructors: Bobbie and Laura

### **Qi Gong**

Join us as we learn therapeutic  
movements that involves series of  
postures and exercises including  
slow, circular movements, regulat-  
ed breathing, focused meditation

Monday, Wednesday & Friday

1:30 p.m.

Ballroom

Instructor: Marsha Carter, RN

**No Qi Gong Classes November 1st & 3rd**

### **Move-A-Little**

Chair Based exercise that focuses  
on the whole body to get you moving,  
Monday, Wednesday and Fridays at

10:45 am Ballroom

Instructors: Don and Chris

### **Strength and Balance**

This class helps individual develop prop-  
er balance by increasing leg strength  
and muscle coordination.

Monday, Wednesday and Fridays

9:30 a.m. Ballroom

Instructors: Kristi

### **Stretch & Flex**

We use different tools to focus on  
making daily tasks safer and easier to do

Monday, Wednesday and Friday at

10:00 a.m. Ballroom

Instructors: Kristi

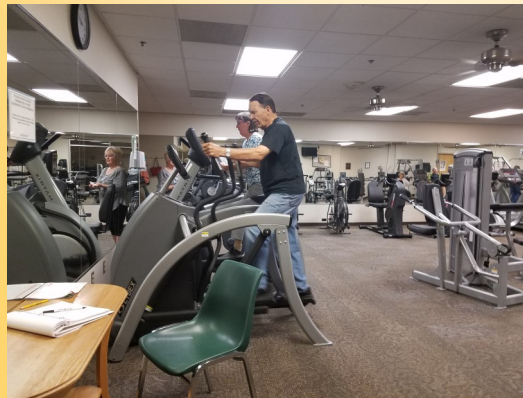
### **Tai Chi**

Slow precise movements which helps  
build strength, aids in stress reduction  
and helps boost energy.

Monday and Friday at 12:45 p.m.

Ballroom

Instructors: Chris



### **Walk For Fun**

Free walking to music

M - W - F

8:30 a.m. / Ballroom

Tuesday & Thursday

9:30 a.m. / Ballroom

### **Exercise Room**

Monday - Friday

8:30 a.m. - 4:00 p.m.

Tuesdays

8:30 a.m. - 8 p.m.

Thursdays

5:30 p.m. to 7 p.m.

**City Waiver Is  
Required**

**Blood Pressure Check  
10:30 a.m.**

### **Generations Home Health**

Last Wednesday

### **HealthSouth**

Friday

### **Visiting Angels**

Wednesday

### **Bright Point**

2nd Tuesday

### **Kindred at Home**

3rd Monday

## Arts and Craft Classes

### Ceramics Club

Fridays at 9:30 a.m.  
Art Room

### Crochet Club

Tuesday & Thursday at 9 a.m.  
Room D

### Leather Class

\$10 per project  
Mondays 9:30 a.m.  
Art Room

### Oil Landscape

\$55 per person per Month  
Tuesday 1p.m.  
Art Room

## **Evening Club Meetings**

### Coin Club

First Thursday  
6:30 p.m. Room B

### Genealogy

Second Thursday  
7 p.m. Room B

### Writers Guild

4th Thursday  
7 p.m. Room B

### 42 Club

Every Thursday at 6 p.m.  
Room D

## **Music**

### Gospel Singing

Tuesdays at 10 a.m.  
Room C

### Karaoke

Tuesdays 5:00 p.m.  
Dining Room  
Thursdays, 1 p.m.  
Room C

## Dance Classes

### Beginning 2 Step Dance

Learn to 2 step  
Wednesday at 12:45 p.m.  
Ballroom  
Instructor: Terry

### Open Line Dancing

Thursdays at 1 p.m.  
Ballroom  
Instructor: Marge & Arlene

### Hula Dancing

Monday & Friday  
11:30 a.m.

## **Games**

Available Everyday, All day  
Wii, Dominos, Pool, Skip Bo,  
Chicken Foot etc..

### 42

Tuesday 12:30  
Room D

### Bingo

Thursdays at 9:45 a.m.  
Room B

### Bunco

Wednesdays at 12:45 p.m.  
Room B

### Canasta

Fridays 1p.m.  
Room A

### Game Night

Thursdays 5:30 p.m.  
Tuesdays 4:00 p.m.

Rose Park Senior Activity Center  
2625 South 7th  
Abilene, Texas 79605  
325-734-5300 ph.  
325-676-6578 fax  
[www.abilenetx.com/seniors](http://www.abilenetx.com/seniors)



## Thursday Night Dances

7 p.m. to 10 p.m. in the Ballroom  
\$5 per person

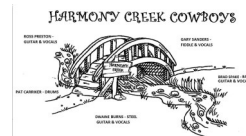
1st Thur. - Moonlight Bandits

2nd Thur. - Exit 277

3rd Thur. - Midnight Blue

4th Thur. - Harmony Creek Cowboys

5th Thur. - The "Last Dance" Band



## **Monthly Meetings**

### AARP

Monday, November 20  
10:00 a.m. - Room B

### Defensive Driving Course

Receive a discount on your  
insurance and ticket removal.

Thursday, November 16  
8:30 a.m. to 3:30 p.m.

Room D

**Call and reserve your seat**

### Macular Degeneration Support Group

November 21 at 1:00 p.m.  
Room C

### Veterans Meetings

Thursday, November 2 at 10 a.m.  
Room C

Speaker: Leroy King on Lubbock  
Honor Flight

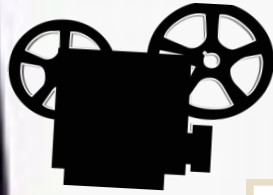
## Bus Riders Shopping days

November 8 & 20

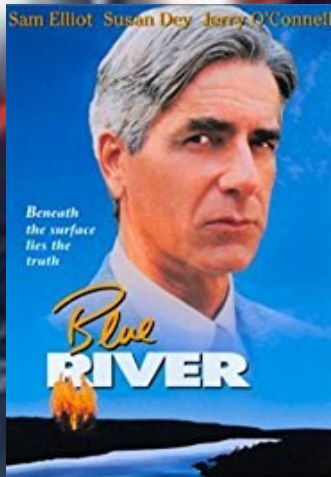


# MOVIE TIME

Celebrating Movies



**November 3**



Edward is a young teen living in a family the father abandoned years before and where the mother has become a Christian fundamentalist and courts a self-righteous school principal. In this setting, Edward tries to come to grips with his feelings towards the brother he both loves and fears, while struggling to protect his family and others from his brother's wrath.

**November 17**



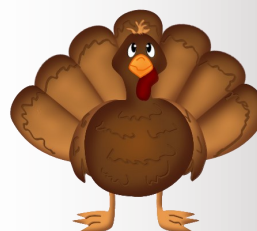
Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

Volunteers needed for Fishing Derby at Nelson Park February 17 2018.

See Laura in the office



Look for this turkey, find all the turkeys in this activity guide and we will enter you in a drawing for a \$10 gift card!



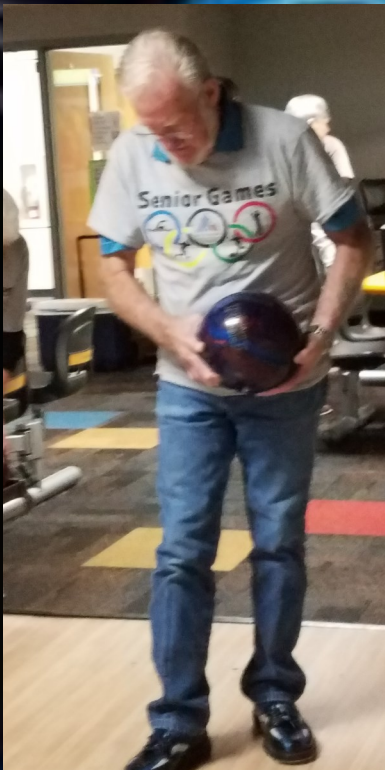
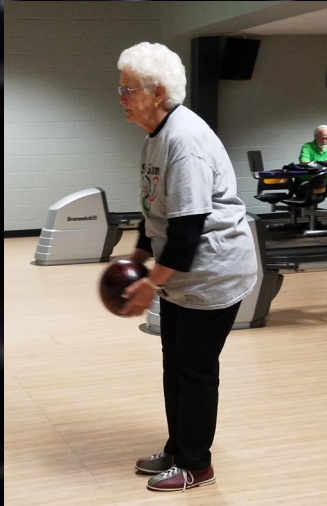


# Abilene Senior Games 2017

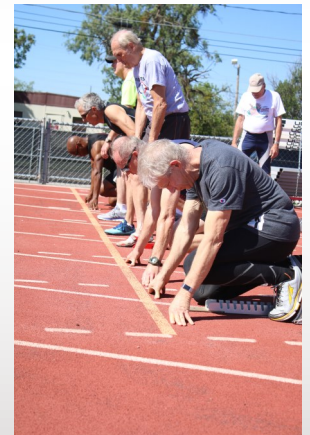
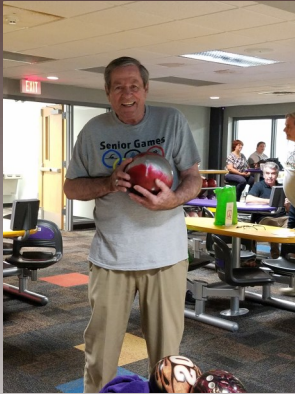
MY PARKS & RECREATION
















We will be accepting items for  
our Family Holiday Fundraiser  
silent auction beginning  
November 1 2017.

Items must be new or like new  
condition.



# October Birthday's





# Business Mercado

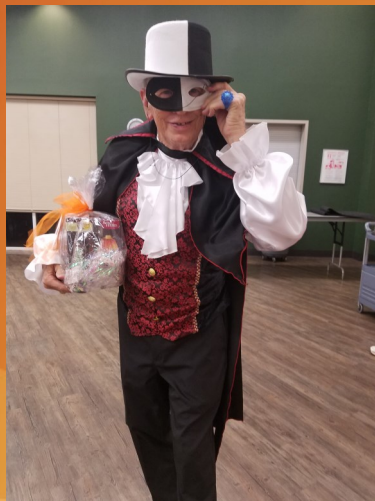
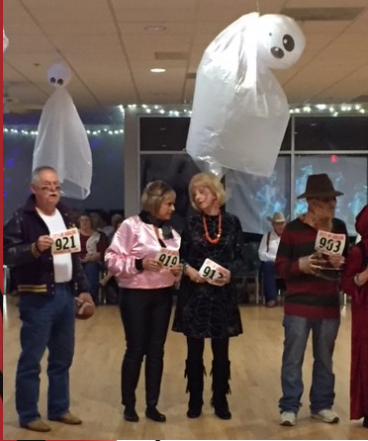
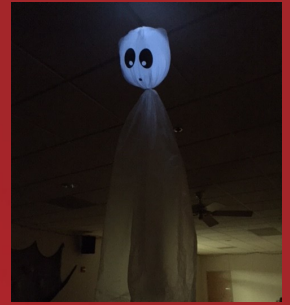


Best Overall Booth 2017 Winner!





# Happy Halloween Dance





# Veterans Celebration

Join us as we honor our Veterans

November 9 @ 9:45 a.m. in the Dining room





# Trip to Fredericksburg







## Area Agency on Aging

Medicare Monday's - October and November

Monday's from 10 a.m.-2 p.m. / Room D

Stop by and get help with your prescription plan

Grief Support Group - *provided by*



*Kindred at Home*

*Monday, October 9 at 1:00 p.m. / Room C*

*Support for all forms of grief*



## **Self Defense Class**

By Johnna Partain

Sign up for basic self defense

November 5 & 19

10 a.m. / Ballroom





Rose Park

Senior Center

# HOLIDAY FUNDRAISER

*Where it always feels like home!*

**FRIDAY, DECEMBER 8**

Dinner Served 5:30-6:30pm

Turkey & Dressing with Gravy, Baked Yam, Seasoned Green Beans,  
Cranberry Salad, Dinner Roll, Pecan Pie, Tea & Coffee

Dinner Ticket  
\$8 per person



Dinner & Dance  
\$13 per person

LIVE entertainment by David Holbrook

All Dinner Tickets MUST be purchased in advance  
Deadline: December 2nd

Holiday Dance from 7-10pm

featuring

**Midnight Blue**

Dinner & Dance \$13  
sold in advance



Dance Only \$6  
Sold at the door

Visit the Rose Park Senior Center office to purchase your tickets!  
a limited number of dinner tickets are available

Silent Auction

**December 4 to December 8**

The Silent Auction ends on December 9th at 8pm!

**\$5** BINGO  
per card  
9:45am  
6:45pm



All proceeds benefit the Rose Park Senior Center  
raffle tickets will be available for \$1 each!